

March 2006

The Senior Scene Vistas de los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**Administration Office****1121 Alto Street, Santa Fe, New Mexico****Patricia Rodriguez, Director****Administration**

Patricia Rodriguez, DSS Director	955-4799
Ron Vialpando, DSS Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Liz Williams, Reception	955-4741

Nutrition

Ron Vialpando, DSS Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Christine Sanchez-Warren, Prog. Coordinator	955-4715
Cristina Villa, Program Coordinator	955-4733
Carmen Chavez-Lujan, Prog. Coordinator	955-4754

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator	955-4754
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Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation**Ride Reservations 955-4700**

Robert Chavez, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4702
Linda Quesada, Administrative Secretary	955-4756

Miscellaneous

Lobby Area	955-4735
Craft Room	955-4736
Pool Room	955-4737
Senior Olympics Meeting Room	955-4740
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794
Conference Room	955-4757

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist
David R. Gonzales, Cover Illustration, "Adobe House, Santa Fe"

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686	PASATIEMPO	
Benny Chavez Community Center		Kitchen	955-6433
Chimayo, New Mexico 87522		664 Alta Vista St.	
EDGEWOOD	281-2515	Santa Fe, New Mexico 87501	
114 Quail Trail		RIO EN MEDIO Community Center	988-3053
Edgewood, New Mexico 87015		El Alto Lane	
EL RANCHO Community Center	455-2195	Rio en Medio, New Mexico 87506	
P.O. Box 3860		SANTA CRUZ	753-8598
Santa Fe, New Mexico 87501		Abdon Lopez Community Center	
ELDORADO	No Phone	Santa Cruz, New Mexico 87567	
1 Hacienda Loop		VENTANA DE VIDA (Pacheco)	955-6731
Santa Fe, New Mexico 87505		1500 Pacheco St.	
LUISA	955-4717	Santa Fe, New Mexico 87505	
Kitchen	955-6898	VILLA CONSUELO	474-5431
1522 Luisa St. (enter from Columbia St.)		1200 Camino Consuelo	
Santa Fe, New Mexico 87501		Santa Fe, New Mexico 87505	
MARY ESTHER GONZALES	955-4721		
1121 Alto St. Santa Fe, New Mexico 87501			
MEG Kitchen	955-4751		

DIRECTOR'S REPORT

Dear Seniors,

Our community would not be the great place it is without people who donate their time. Our volunteers truly make the world go around and also discover that the very act of service is rewarding in and of itself. Without you, the services provided to our seniors would surely suffer.

Lately there has been a great deal of talk about “**Baby Boomers**” and whether we are prepared to provide the services they need. I want to reassure everyone that falls into this prestigious group that the Santa Fe Division of Senior Services has been planning and strategizing for years to address the unique needs of the Boomer generation. As a result of our analysis and research, we decided that the most cost effective and efficient way to provide services to this new senior population is to structure programs and projects through our Retired and Senior Volunteer Program (RSVP). We feel confident that the Boomers themselves, as volunteers, are the best qualified to organize and implement projects specifically tailored to the requirements of their peers.

For Boomers interested in participating in these new volunteer programs, please contact our RSVP Coordinator Kristin Slater-Huff at 955-4760. **To streamline our services and better serve our volunteers, the RSVP office will relocate to the Luisa Senior Center located at 1522 Luisa Street, effective March 13, 2006.** Additionally, the entire Activities, Recreation, and Health Promotion staff will be consolidated at the Mary Esther Gonzales Senior Center located at 1121 Alto Street.

My staff and I are very grateful to the over 500 seniors enrolled in the Retired and Senior Volunteer Program. Volunteers serve in various capacities – some at senior centers and others at various community-based agencies around Santa Fe County. Thank you so much for continuing to volunteer – for the love of it and to make this a better world for the people you help. Keep up the good work.



May God Bless You All,

Patricia

SENIOR ACTIVITY CORPORATION

DIRECTOR
Patricia Rodriguez

CITY/COUNTY ADVISORY BOARD

ADMINISTRATIVE SUPERVISOR
Mary Dean

PROG. SECRETARY
Gloria Polaco

RECEPTION
Sadie Marquez
Liz Williams

ACCOUNTANT
Robin Shute

ASSISTANT DIRECTOR
Ron Vialpando

DATABASE SPECIALIST
Brenda Ortiz

DATABASE SUPPORT STAFF
Connie Valencia

TRANSPORTATION SECTION

TRANSPORTATION MANAGER
Robert Chavez

ADMIN. SECRETARY
Linda Quesada

DISPATCHER
Fran Rodriguez

DRIVERS
12 Drivers

NUTRITION SECTION

ADMIN. ASSISTANT
Yvette Sweeney

NUTRITION ADMIN.
Lugi Gonzales
10 Kitchens

CENTER COOKS
10 Cooks

COOK AIDES
5 Cook Aides

CENTER CASHIERS
3 Cashiers

MEALS ON WHEELS SUPERVISOR
Juan Apodaca

MEALS ON WHEELS ASSESSMENTS
Robert Duran

MEALS ON WHEELS
8 Drivers

CUSTODIAN
1 Custodian

INVENTORY SUPERVISOR
Carlos Sandoval

INVENTORY TECHNICIAN
Enrique DeLora

VOLUNTEER PROGRAMS/ IN-HOME SUPPORT SECTION

VOLUNTEER PROGRAM ADMINISTRATOR
Melanie Montoya

FGP/SCP PROGRAMS ADMIN. SECRETARY
Louise Kippert

67 Stipend Volunteers
16 Stations

R.S.V.P. PROG. COORDINATOR
Kristin Slater-Huff

R.S.V.P. SECRETARY
Cristy J. Montoya

CLERK TYPIST
Vacant

SENIOR SERVICES CLERK
Patricia Moeller

580 Volunteers
66 Stations

IN HOME SUPPORT SUPERVISOR
Theresa Gabaldon

CLERK TYPIST
Katie Ortiz

RESPIRE CARE
6 Providers

CARE ATTENDANTS
4 Attendants

City of Santa Fe

DIVISION of SENIOR SERVICES

SENIOR CENTERS

1. Chimayo

2. Edgewood

3. El Rancho

4. Eldorado

5. Luisa

6. MEG

7. Pasatiempo

8. Rio en Medio

9. Santa Cruz

10. Ventana de Vida

11. Villa Consuelo

SENIOR OLYMPICS/
HEALTH PROMOTION
COORDINATOR
Carmen Chavez-Lujan

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Rev. 11/05

SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership ID Card?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and have it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

If you have any questions, please call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for congregate meals service only), and/or
4. Be an active, registered Retired and Senior Volunteer (RSVP) age 55 or older;
and must
5. Be an enrolled member of the DSS, having obtained a Senior Center Membership I.D. Card.

For individuals who currently possess a Senior Membership I.D. Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR MARCH 2006

M.E.G. Center	Tuesdays	7, 14, 21, 28	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	2, 9, 16, 23	9:30 to 12:00 & 1:30 to 3:00
Santa Cruz	Monday	13	11:00 to 1:00
Chimayo	Wednesday	15	11:00 to 1:00
Edgewood	Wednesday	22	11:00 to 1:00

SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .50¢ suggested donation per ride (one way trip)

Under 60, but **ADA certified, \$2.00 required fee** per ride (one way trip)

Schedule: Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays, and 8:00 a.m. to 4:30 p.m. on Mondays, Wednesdays, Thursdays, & Fridays.

Rides for medical appointments are given top priority over all other rides.

Rides for personal errands and shopping assistance should be scheduled on Tuesdays and Thursdays. Every 3rd Tuesday rides will only be provided for commodities, medical appointments, and the lunch run.

Contact: Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 3:00 p.m.

Ride reservations for medical appointments should be set as soon as you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

NEWS & VIEWS

They Will Be Missed.....

Gertrude Carrillo

Age 98, a resident of Santa Fe was born on November 2, 1907, in Tesuque, N.M. Mrs. Carrillo passed away Monday, February 6, 2006, surrounded by her loving family. She was a graduate of Loretto Academy, attended Highlands University and received a teaching degree. She also worked for the State of New Mexico and volunteered for the Santa Fe Center, teaching ceramics. Gertrude Carrillo's daughter, Corrine Sanchez, is an active RSVP volunteer, serves on the Travel Committee and works with the monthly ECHO commodity distribution.



Ethel Levine Ballen

Age 83, of Santa Fe, passed away on February 5, 2006. Ethel and her husband Sam were owners of La Fonda Hotel on the Plaza. Whenever representatives of the Division of Senior Services appealed to the Ballens for support of senior programs and activities, the two would happily oblige.

We appreciate their years of generosity and care and will miss Ethel very much.

Toastmasters International Speech Contest

Santa Fe Sunrise Toastmasters Club #4879 is hosting a speech contest. The public is invited to attend and hear speeches by contestants who have already won at their local club level. This contest is for Toastmaster Area 12, which includes 4 Santa Fe clubs with winners and runners-up competing for the privilege of advancing to the Division "A" level and possibly on to the District 23 competition.

This event takes place on Monday, March 6 at 6:30 p.m. at Ventana de Vida Senior Center, 1500 Pacheco Street (enter at the left side door). For more information, call Thelma at 989-1263.

Obras de Amor

A wonderful group of volunteers is preparing the second annual day of Obras de Amor (Works of Love), to provide service to seniors who need assistance with their home or yard. This project was started last year by members of Christian Life Fellowship Church who wished to dedicate themselves to a day of hands-on, non-professional work for frail, homebound or needy seniors in Santa Fe. They take on tasks from weeding a yard to painting a house to hauling garbage to doing minor repairs. The only stipulation is that the work they do must be able to be completed in one day.



The volunteers perform these duties in good faith and do not offer any sort of guarantees on their work. They are not all professionals in those fields of service (although they do attempt to get professionals to work on specialized projects). They are there to lend a willing hand.

This year, their day of Obras de Amor will be Saturday, April 22nd.

They are currently seeking names of people who could use their help. There is no fee for the service, but if you can afford the materials needed, they would appreciate it. They select recipients based on need and try not to turn anyone away. If you or someone you know would like their help, please call the RSVP office at 955-4760 for a form.

Next month, they will begin collecting names of interested volunteers.

Free Car Service for Seniors

Low income single moms, single women and seniors can get their oil changed, get their tires and windshield washer fluid checked, get their windows washed and their car vacuumed all for free. The recipient does not pay anything-not even for the oil.

This is part of a one-day volunteer outreach service on April 22, through Obras de Amor.

If you are interested, call Martha at 982-4940 or Christian Life Fellowship church at 984-1000. Leave your name and phone number, the make, model and year of car, and size of engine.

NEWS & VIEWS

Senior Resource Alliance of Santa Fe Offers Solutions to Seniors and their Families

Santa Fe has a new resource for seniors and their families. In addition to the state and city resources made available to seniors, Santa Fe now has a coalition of businesses and professionals committed to providing responsive, trustworthy solutions for seniors from the private sector. Called the Senior Resource Alliance of Santa Fe, the alliance was originally the brainchild of the Society of Certified Senior Advisors, a non-profit association that seeks to benefit both retirees and those whose professions serve seniors and retirees.

The formation of the Alliance in Santa Fe came about after Marta Nystrom, Certified Senior Advisor, was contacted by the Society to launch an independent Senior Resource Alliance in Santa Fe. The concept has been in the works for several months and launched in November with eight members. Each member or firm offers services that cater to seniors and each brings a solid track record of trustworthiness and follow through.

The membership currently includes: Denys Cope, End of Life Counseling and RN Case Care Manager, Kathleen Dixon, Care Coordinator, Medical Bill Review, Personal Services, Anne Embry & Louise McGehee – At Home Dog Grooming, Debbie Mayhon, CPA, Bill Paying and Tax Preparation, Bobbie Nelson – Estate Liquidation and Personal Property Appraisals, Marta Nystrom, Financial and Insurance Services, John Ruybalid, Reverse Mortgages and other mortgage products, Philip Saltz, Estate Attorney, Pam Wickiser, Real Estate Services.

Seniors, or children of seniors, wishing to find solutions in these or other areas may contact the Senior Resource Alliance at 424-4722. The members, if unable to provide direct assistance, have many contacts available to them and are happy to respond to a broad range of needs. There is no cost to contact and speak with a member of the Alliance. The Alliance is seeking additional members in select areas, as well as sponsors.

White House Conference on Aging

Several seniors and Aging Network representatives from New Mexico were delegates to the White House Conference on Aging (WHCA) in Washington, D.C. December 11-14, 2005.

The delegates were presented with 73 resolutions compiled by the Conference Policy Committee based on recommendations and ideas from pre-conference events over a 14 month period. The pre-conference events included listening sessions, solutions forms, mini conferences and Independent Aging Agenda Events.

It was the responsibility of each delegate to read the resolutions and be prepared to vote on the 50 resolutions believed to be the most important and the most amenable to implementation. The 50 resolutions with the highest number of aggregate votes constituted the final adopted resolutions of the Conference. Those will be included in the Report to the President and Congress.

After the votes, the delegates had an opportunity to discuss implementation strategies. Delegates were then assigned to one of the following six tracks: planning along the lifespan; workplace of the future; our community; health and long living; civic and social engagement; technology and innovation in the emerging senior/baby boomer marketplace.

-Submitted by senior Salome C. DeAgüero, Policy Advisory Committee member. Salome has also been named to the planning committee for the Aging Conference in Glorieta in August.

Be a Good Samaritan for a Day

On Saturday, April 22, many people are volunteering their time to perform Obras de Amor (works of Love), and you can join them. They will be weeding, pruning, raking and cleaning yards, repairing ceilings, painting rooms, repairing plumbing, attaching gutters, and other minor home and yard work.

Will you help? They especially need someone who specializes in plumbing for mobile homes, but anyone willing to give a day of service is welcome.

If you are interested, please call Martha at 982-4940.

NEWS & VIEWS

ECHO Commodities Food Distribution

At the County Extension Bldg.
3229 Rodeo Rd.

Third Tuesday
of every month
9:30 a.m. - 1:30 p.m.

Next Distribution March 21.

Call 505-242-6777 for more
information.



Casa Rufina Senior Housing

Casa Rufina is a new senior housing development behind Home Depot. They have both one and two bedroom apartments with washer/dryer connections, exterior storage, standard size and walk-in closets and linen closets. Garages are available to rent and they accept any size dog or cat (one per apartment). Their amenities include a clubroom, an exercise room, an on-site laundry facility, a walking path & a communal dining room.

They will have 24-hour maintenance available. Income restrictions apply. One bedroom apartments are currently renting for \$580 a month and two bedroom apartments are \$695 per month, although prices are subject to change. Rent includes water, garbage pick up and waste water.

For more information, call Feliza Shields, Community Manager at 988-1116.

W A N T E D

CITY OF SANTA FE SENIOR OLYMPICS EVENT MANAGER FOR TABLE TENNIS

IF INTERESTED, CALL CARMEN AT 955-4754

A Free Telephone Service for the Hearing and Speech Impaired

Relay New Mexico is a non-profit agency contracted by the State of New Mexico to provide telephone services for deaf, hard of hearing and speech-impaired individuals. There is no cost for the service or to receive the necessary equipment.

Individuals with moderate to severe hearing loss may use what's a captioned telephone. It operates as a standard telephone, but with a screen to receive a typed message. The user dials into the Relay Center to reach a special operator who dials the number to contact. Once the called party answers the phone, the operator types everything said and the typed message appears on the text screen of the captioned telephone.

Individuals with severe hearing loss who do not wish to speak for themselves may use a TTY. The TTY user types his or her message into the phone and the special operator reads what is typed to the person called. When the called person responds, the operator types what is said back to the TTY user and it can be read on a text screen.

A variation of the above service is also offered to individuals who have a speech disability but do not have a hearing loss. This service is called Hearing Carry Over.

If you have a hearing loss or a speech disability, live within New Mexico and have a phone line, you qualify. For more information, call Relay New Mexico in Albuquerque at (505) 292-0454 or go to www.RelayNM.org



One Education and Retreat Center in Two Locations

Senior Employment Opportunity

Ghost Ranch is seeking a **plumber** or retired plumber to work part-time (15-20 hours per week) at their senior housing and conference facility in Santa Fe. The pay is \$15 per hour. If you are interested, call Helenmarie Zachritz at 982-8539 ext. 17.

NEWS & VIEWS

FREE TAX ASSISTANCE

AARP Tax Aide, in cooperation with Tax Help N.M. and the Division of Senior Services, offer tax preparation.

Trained volunteers will complete your Tax Year 2005 Income Tax return, free of charge.
Through April 17

Appointments are not necessary. First come, first served.

TWO LOCATIONS

*Santa Fe Community College's
West Building Atrium*

Mon. - Fri. 9 - 5:30, Sat. 10 - 2, 428-1780

*Pasatiempo Senior Center, 664 Alta Vista St.
Mon. - Sat. 10 - 2, 988-2859 Ext. 152*

(Senior Services Transportation will be available Mon-Fri)

Please bring your Tax returns from 2004.

Most seniors are eligible for rebates, even if they did not receive any income in 2005.
Please come find out what rebates you are eligible for.

For more information, go to www.taxhelpsf.org

AARP Widowed Person's Service Monthly Social

The next meeting of the Widowed Person's Service social group will be on Sunday, March 12 at Kingston Residence. Following lunch, there will be a raffle drawing for lunch for two at San Francisco Bar & Grill.

The April meeting will include an honorary presentation to Lucy Sanchez, whose many years with AARP are an example to us all. The speaker will be Juanita Thorne-Connerly of the Aging and Long Term Services Department. She will discuss prescription drug outreach.

To reserve your space for lunch, call Annie Montoya at 982-3775. Please note, if you have reserved a lunch and are unable to attend, you must call back and cancel or WPS will be charged for your meal. Thank you.

Who was Mary Esther Gonzales?



The largest Santa Fe Senior Center and the Division of Senior Services administrative offices are located in a building named the Mary Esther Gonzales Senior Center. Recently, some seniors from the Dixon area asked us to present a

brief biography of the woman commemorated here.

According to many of her friends and co-workers, Mary Esther Gonzales was a loving, friendly woman until the day she passed away at age 49, on May 14, 1986. Much of her life revolved around the Senior Center neighborhood. She lived with her parents and brother in a home on Irvine Street. She organized a dance school for children at the corner of Hickox and Camino Alire Streets, teaching them traditional Spanish dances. For the last five years of her life, she was employed as an Activities Director with the Division of Senior Services and had an office in the building that now bears her name.

Mary Esther was a Santa Fe Fiesta Queen. She was well known for her huge efforts and year-'round work with the Fiesta Council. A petite woman, she could often be seen wearing beautiful, Fiesta-style clothing and a warm smile. In everything she did, she was very, very generous and "would give you the shirt off her back if she thought you could use it."

A wonderful friend, worker and person, all those who knew her were the better for it.

REGISTER FOR SENIOR OLYMPICS

**DEADLINE IS MARCH 10, 2006.
FOR INFORMATION, CALL 955-4721.**

FREE RACEWALK CLINIC FORT MARCY

**FRIDAY, MARCH 24, 2006
9:00 A.M. TO 11:00 A.M.**

PRESENTER: Dr. Joseph Armbruster

LEGAL & CONSUMER INFORMATION

Need a Lawyer?

(From the Aging and Long Term Services Dept.)



The Lawyer Referral for the Elderly Program of the New Mexico State Bar Association provides negotiated fee or free legal assistance to New Mexicans ages 55 and older. (Services are not available for criminal

defense.) These same services are provided by the Senior Citizen's Law Office to Bernalillo County residents who are 60 years of age and older. And, Law Access New Mexico may be able to provide some legal services. Legal services are available even if you are homebound or in the hospital. Whenever possible, they will be provided in language you will understand and, most importantly, they will represent your interests.

For legal cases that fall within the following priorities areas, and depending on the circumstances, there may be no charge for services:

- Income protection (Social Security, SSI, VA and other government benefits)
- Health care coverage
- Long term care
- Powers of attorney, living will
- Housing and utilities
- Tenant's disputes with landlord
- Consumer problems
- Abuse, neglect and financial exploitation
- Foreclosure
- Guardianship and conservatorship

For legal cases that are not a priority, you will be charged a fee, which can be negotiated with the lawyer. Outside of Bernalillo County, or if you're 55 to 59 years old, call The Lawyer Referral for the Elderly Program 1-800-876-6657. They are open 8:30 a.m.-5:00 p.m. Monday-Friday.

Managing Your Savings

(From AARP "Money Matters")

When you save your money, you usually place it in a savings account, money market account, or another savings vehicle so it can earn interest. You usually save with a bank, savings and loan association, or credit union.



Make sure the Federal Deposit Insurance Corporation (FDIC) insures your bank. If your bank goes out of business, the FDIC will replace the money you had in your deposit account, up to \$100,000. The National Credit Union Administration (NCUA), a U.S. government agency, usually insures credit union accounts in the same way.

When you deposit money in a savings account, in return the bank pays you a fee, which is called interest.

With a certificate of deposit, or CD, you agree to let a bank use your money for six months, one year, five years or more. In exchange, you earn higher rate of interest than you'd get from the savings account. Like savings accounts, CDs are insured up to \$100,000.

Money market accounts are like savings accounts, except that they pay higher interest rate. Usually, you must deposit at least \$1,000 to open a money market account. Your bank may only let you make a certain number of withdrawals from your money market account, or write a certain number of checks on the account each month. The FDIC insures your deposits against loss.

You can buy U.S. savings bonds for as little as \$50 or as much \$10,000. Every bond has a maturity date after which it no longer earns interest. The federal government backs all bonds; most financial institutions and some employers sell savings bonds. You can also shop for savings bonds online at www.savingsbonds.gov.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

The Mary Esther Gonzales **Senior Center** needs a few volunteers to help in the dining room. They need friendly, efficient people to serve lunch to other seniors. You can pick a regular day, or work part of the lunch shift on several different days. Meet new friends and lend a hand.

Help build someone a home. **Habitat for Humanity** is always on the lookout for more volunteers to help build new homes for families, or assist with office work. Whether you are a retired building contractor, a person who has never nailed in a nail, or somewhere in between, give this a try.

If a senior citizen is raped, whom can she tell? Elder rape is vastly under-reported. Often, the situation is easier to discuss with someone of equal age. That is why the **Santa Fe Rape Crisis Center** needs more telephone advocates who are seniors.

The volunteer trainings are intensive (35 hours) and the commitment is long-term (at least 9 months), but the gift you will be giving is immeasurable.

Please consider making this important choice to help a senior in need.



When individuals, couples or families find themselves homeless due to a series of challenges or simply one catastrophic event, they know they can turn to **St. Elizabeth Shelter**. The shelter's paid staff is always stretched to their limits and they need volunteers. You could answer phones one morning a week, help with secretarial duties, or even cook the communal dinner once in a while. What skills or interests do you have that can make life a little better for these folks?



The staff at **St. Vincent Hospital** is always busy and often overwhelmed, and certainly grateful for the volunteer support they receive. The hospital auxiliary is made up of hundreds of volunteers.

You can join them and assist with admitting, coffee cart, the waiting rooms, the information desk, the gifts shop, or any of a number of different tasks. Be a part of that huge force!

RSVP Volunteers: Time to Report Your Hours

By Friday, March 24, all RSVP active volunteers must turn in their time sheets of volunteer hours worked in January, February and March 2006.

Remember that you must write down and sign your hours- the program is no longer allowed to accept the information over the telephone.

Please drop them off or mail them to: RSVP, Senior Services 1121 Alto Street, Santa Fe, NM 87505. Or, you mail email them to Cristy at cjmontoya@santafenm.gov

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

RSVP Volunteer Opportunities



Stores (price, display, register, assist customers)

- Thrift/resale stores, museum & hospital shops

Offices/Reception (file, mail, answer phones)

- Girls Inc. of Santa Fe, American Red Cross

Food Services (cook, clean, serve, deliver)

- Food for SF, Kitchen Angels, Meals on Wheels, St. John's Soup Kitchen

Tutoring/Mentoring (fingerprint, time commitment)

- Literacy Volunteers, Big Brothers/Big Sisters, Public Schools, Rape Crisis Center Hotline

Museums (gift shops, docents, information desks)

- Museums of New Mexico, El Rancho de Las Golondrinas, Santa Fe Children's Museum

Shelters & Building (working with people/ animals in need, or house building)

- Esperanza Shelter, Animal Shelter, St. Elizabeth Shelter, Habitat for Humanity

Hospital/Health (information desk, assist patients)

- St Vincent Hospital, New Mexico Dept. of Health, American Cancer Society

Nursing Homes/Adult Day Services (visit & cheer)

- Rosemont, Casa Real, Open Hands, Espanola Nursing Center

Senior Centers (dining room/kitchen, instructor)

- Chimayo, Edgewood, El Rancho, Eldorado, Luisa, Mary Esther Gonzales, Pasatiempo, Rio en Medio, Santa Cruz, Villa Consuelo, Ventana de Vida

Libraries (sort, sell books, record books on tape)

- Santa Fe Public Libraries, Library for the Blind



Birthdays this Month

The Retired and Senior Volunteer Program
wish a very happy birthday to our RSVP
volunteers born in the month of

March

Josephine Bassett	3/1	David C. Zerbst	3/13
Stella Gonzales	3/1	Terri C. Gonzales	3/14
Alfredia Quick	3/2	Carmen Marquez	3/14
Casimiro Quintana	3/4	Matilda Romero	3/14
Barbara E. Mason	3/5	Carole Van	
Lucille Smith	3/5	Vaulkenburgh	3/14
Gloria P. Holladay	3/6	Sarah E. Konopka	3/15
Robert J. Montalvo	3/7	Walter J. Backus	3/16
Tommie Trujillo	3/7	Roberta V. Leeds	3/16
William A. Morrison	3/8	Christine Fidel	3/17
Andres V. Romero	3/8	Annie L. Sandoval	3/18
Nick Farley	3/9	Josie Fernandez	3/19
Mary V. Martinez	3/9	Aurora G. Salazar	3/19
Toni M. Martinez	3/10	Simon Arzigian	3/20
Juliana McCluggage	3/10	Gloria H. Trujillo	3/20
Clara Patron	3/10	Bernie Jaramillo	3/21
Edith Trujillo	3/10	Cecilia Griego	3/26
Anna V. Trujillo	3/11	William A. Starkovich	3/26
Margaret Gonzales	3/12	Juan J. Gallegos	3/28
Suzanne A.		Consuelo Medina	3/28
Shaw-Chavez	3/12	Ramona Ruybalid	3/28
Castelita Valdez	3/12	Waldo Anton	3/30
Valerie Dorcey	3/13	Tony S. Armijo	3/31
William Gilmore	3/13	Patricio A. Garcia	3/31
Gerald Heggen	3/13	Jindra Kalus	3/31
Dave McQuarie	3/13	Becky Runer	3/31

Have a Great Day!

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAM

March 2006

Volunteer Spotlight



John R. Sandoval,
FGP Volunteer

John Sandoval has been with the Foster Grandparent Program since it started over 20 years ago. He was introduced to the program by the late Dory Garcia. He currently volunteers at Carlos Gilbert Elementary in the third grade with teacher Ms. Quintana. His specialty is assisting a group of readers where he helps them pronounce words they don't understand and he makes sure that the students understand what they are reading. He has volunteered at different schools but his favorite seems to be Carlos Gilbert.

Johnny's parents were from Pecos, New Mexico, but Johnny has always preferred living in Santa Fe. During his youth, his dad, a carpenter, taught him how to use a hammer, a saw and other carpenter tools and with that guidance; he is proud to mention that he helped build Cristo Rey Church here in Santa Fe out of adobes. He has also attended a cabinet making school where he learned how to make beautiful cabinets and carve out designs with hand tools.

For about three years, Johnny spent time in the service where he worked in the Medical Core off the coast of Oregon. He was honorably discharged and is now a proud Disabled Veteran. Following his service, he worked numerous jobs along with marrying and having five children. He worked for many years in Los Alamos with a doctor's office. He has worked in a lumberyard and has also worked in California doing plumbing in ships. He says that working in the ships was a fun and interesting job. Many people know Johnny as an avid runner. For many years, he was a long-distance runner mainly running the 700 and 800-meter runs. He has competed statewide in New Mexico and has run

races in St. Louis and in New York where he has won 68 metals. What an accomplishment! During his running career, there weren't many men his age who could keep up with him!

On his spare time, Johnny can be seen at the MEG Senior Center or driving back and forth from school. He enjoys relaxing and keeps busy by doing housework and small chores around his house. Thank you Johnny for your many years of faithful service to our Foster Grandparent Program.

In-Service Training

It's tax time again and many of you have your taxes prepared to receive your New Mexico rebate. Instead of having an in-service day this month, we strongly encourage you take a day to complete your taxes. The state of New Mexico has some wonderful rebates available to most seniors. That means even if you do not have state taxes withheld or pay state taxes, you may still qualify for a rebate! Also, AARP will prepare your tax forms free of charge and file these forms for you. Please see the flyer in this month's newsletter for locations and times. (You may go during your working hours and get paid for that day.)



The Volunteer Programs wish a very happy birthday to our FGP and SCP volunteers born in the month of

MARCH

Michele Chrabot	3/2
Isabel Perea	3/5
Paana Andersen	3/18

Thank You Volunteers!

ACTIVITIES *schedule by center*

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

	CHIMAYO		Re-Routed	PASATIEMPO	Re-Routed
Weaving Open Crafts Ceramics Shopping/Errands Exercise	Monday Tuesday Wednesday Thursday Wednesday	12:30 pm 12:30 pm 12:30 pm 12:00 pm 11:00 am	<i>These Classes are re-routed due to upcoming kitchen renovation at Pasatiempo.</i>		
			Guitar (beginner) Exercise Wood/Straw Tai Chi Sounds of the Past (English)	Mon. M.E.G. Mon./Wed./Fri. M.E.G Wed. M.E.G Thur. M.E.G Mon. Luisa	9:00 am 10:00 am 9:30 am 9:00 am 11:30 am
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Thursday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:30 am 12:30 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm		RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday Friday	10:00 am 10:00 am 10:00 am 12:30 pm 9:30 am
Bingo Exercise Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Mon./Wed. Mon./Wed. Thursday Thursday	12:00 pm 1:30 pm 9:00 am 12:00 pm 12:00 pm		SANTA CRUZ Tuesday Monday Tues./Fri. Thursday Tuesday Thursday Tuesday	9am/12:30pm 12:30 pm 9:00 am 12:00 pm 12:30 pm 12:00 pm 10:00am
Coffee Pool/Cards Liquid Embroidery *Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day Exercise	LUISA Mon. thru Fri. Mon. thru Fri. Monday Mon. Tuesday Wednesday Friday Last Wed. of Month Friday	8:00 am 8:00 am 9:00 am 11:30 am 11:45 am 9:00 am 1:00 pm 1:00 pm 9:30 am		VENTANA DE VIDA Mon. thru Sat. Mon. thru Fri. Monday Tuesday Friday Wed./Fri. Monday	10:00 am 11:00 am 2:00 pm 1:15 pm 1:15 pm 8:30 am 6:30 pm
Exercise Pool/Cards Hospice Crafts Bingo Ceramics Wood/Straw Exercise (Chair) Quilting Spanish Sing-A-Long Line Dancing Knitting	M.E.G. Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Wed./Fri. Thursday Thursday Tuesday Wed./Fri. Friday Friday	7:30 am 8:00 am 1:00 pm 1:00 pm 9:30 am 9:30 am 1:15 pm 10:00 am 11:30 am 1:30 pm 2:30 pm		VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Friday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 10:00 am

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES *schedule by class*

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	2:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday

EXERCISE

El Rancho	1:30 pm	Mon./Wed.
M.E.G. (Open)	7:30am-4:30pm	Mon. thru Fri.
*M.E.G. (Class)	10:00 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30am	Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	10:30 am	Wednesday
Edgewood	10:30 am	Thursday
M.E.G. (Chair)	1:15 pm	Thursday
Santa Cruz	12:00 am	Thursday
Luisa	9:30 am	Friday

Villa Consuelo	10:00 am	Friday
Chimayo	11:00 am	Wednesday

GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	12:45 pm	2nd. Tues.

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Thursday
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

M.E.G.	10:00 pm	Thursday
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SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:45 am	Tuesday
*Luisa (English)	12:00 pm	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TAI CHI

*M.E.G.	9:00 am	Tuesday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
*M.E.G.	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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*These classes are re-routed due to upcoming kitchen renovation at Pasatiempo.

ACTIVITIES



March Birthday Celebrations

Celebrations for those with a birthday this month will be hosted by the Ventana de Vida Senior Center on Friday, February 10 at 11:30 a.m. and

by the Mary Esther Gonzales Senior Center on Friday, March 17 at 11:30 a.m.

Join us and enjoy music, balloons, desserts and punch!

Senior Olympics Registration

Registration for the 2006 Santa Fe Senior Olympic events runs through March 10. Registration fee is \$15, and covers games and a t-shirt. Pick up forms at the Mary Esther Gonzales Senior Center at 1121 Alto St. or call 955-4721.



Saint Patrick's Day Ice Cream Social

Join us at Ventana de Vida on Friday, March 17th at 2:30 p.m. to make your very own ice cream sundae – just the way you like it! Yummy! Sponsored by The Lovelace Senior Plan



Que Suave – KSWV AM 810

Listen each weekday morning at 6:50 a.m. to hear the daily lunch menu and special events happening at the senior centers. ¡Gracias, Que Suave!



Take Charge Challenge

Great work, everybody! We have 150 seniors signed up county-wide for this awesome 10-week program where we encourage physical activity and support participants while they earn rewards for meeting or exceeding goals. The incentive for reaching the mid-point is a wonderful, red T-shirt with the Take Charge Challenge logo. Keep it up and stay active! We are almost there! Next month, look for information about our end-of-program reception and rewards.

New Strength Exercise Class

Join us for exercise every Thursday at 1:15 p.m. at the Mary Esther Gonzales Senior Center. Exercise is done sitting in chairs and using Therabands – they look like giant rubber bands! It's fun, safe and feels great. There's plenty of room so come on in.



Mobile Health Fair Van

Need healthcare? No problem. Providing FREE: health assessments, health education; finding affordable healthcare in your community; Medicaid registration; and answers concerning eligibility for many payment options. Se habla Espanol.

Sponsored by Santa Fe County, St. Vincent Regional medical Center & Presbyterian Medical Services. *FREE for ANY AGE*

Monday, March 6 at MEG 9:00 to 3:00

Tuesday, March 7 at Luisa 9:30 to 3:30

Wednesday, March 8 at Chimayo 10:00 to 2:00

Tuesday, March 14 at Ventana de Vida 10:00 to 3:00

Wednesday, March 15 at Pasatiempo 9:30 to 3:30

ACTIVITIES

Power Panther to visit Santa Fe County April 3-13, 2006

Eat Smart. Play Hard. So says Power Panther, the mascot and mentor for the USDA. The "Eat smart. Play hard." slogan is designed to promote healthy eating and physical activity behaviors in an effort to promote optimal well-being as well as to curb the prevalence of diet-related health problems. Power Panther promotes the messages of eating breakfast, healthy snacking and exercise.



What does Power Panther want to achieve? He wants to:

- encourage families to adopt behaviors that are consistent with the Dietary Guidelines for Americans and the Food Guide Pyramid,
- communicate behavioral and motivational nutrition education and physical activity messages, and
- foster positive behavior change to promote nutrition and health, and reduce the risk for obesity and chronic diseases.

Power Panthers will be at the following senior centers:

Santa Cruz on April 3rd from 12:00-1:00

El Rancho on April 3rd from 2:00-3:00

Chimayo on April 10th from 12:00-1:00

M.E.G. on April 4th from 11:00 a.m. - 12:00

Villa Consuelo on April 5th from 12:00 - 1:00

Ventana de Vida on April 6th from 11:30 - 12:30

Edgewood on April 7th from 12:00 - 1:00

Rio en medio on April 12th from 9:00 - 10:00

Luisa on April 12th from 11:00 - 12:00

Power Panther will be available to visit our senior centers April 3-14. If you are interested in any of the other senior centers please contact Gloria Polaco at 955-4721, or 1-866-824-8714.

Local presentations of Power Panther are sponsored by the Santa Fe County Extension Service and the Ideas for Cooking and Nutrition Education Program. For more information, call 471-4711.

Santa Cruz Senior Center Spotlight

(Submitted by Carmen Sanchez)

The Abedon Lopez Senior Center at Santa Cruz is the meeting place for the seniors from the surrounding areas.

There are different types of arts and crafts that seniors can do during the week.

On Mondays we have ceramics. Some we make for ourselves and some we make to sell at our display cabinet for our different doings, such as our Christmas party. We get together and make biscochitos for our October bake sale. The seniors have made a beautiful wall hanging that is on display at the center.

On Tuesdays, the seniors are involved in weaving in the morning and after lunch. There is also straw work for the seniors after lunch. We are involved in an exercise program Tuesday mornings.

On Wednesday afternoons we have tin work, in which Luis and Irene Maestas have graciously volunteered to help and guide us in our tin work projects. Thank you guys.

On Thursdays, we have exercise after lunch and on Fridays or any days the seniors go eat lunch and spend some time with their friends and chit-chat.

All in all, it's a lot of fun. We are crocheting granny squares to make a baby afghan.



ACTIVITIES

Senior Artist Spotlight: Mary Besthorn Edgewood Senior Center



Mary Besthorn started painting in 1979. She took Tole painting and soon wanted a couple of oil paintings for her home. She has been painting ever since. She paints for pleasure and for her family. She loves to have other people to see her work, and invites anyone to the Edgewood Senior Center to see her display in the Month of March.

Mary has had a number of painting instructors over the years. Her first teacher was Trudy Van Ryan who taught out of her house in the mountains of southwest Denver, Colorado. When Mary found Ivena Rutledge's class at the Edgewood Senior Center, she found she enjoyed it very much.

Several professional artists inspire her, each in a different way. Ramon Kelly's impressionism, Bev Doolittle's originality, and John Nieto's use of color are her favorites.

Free Assistance for Seniors at MEG Center

Rx-America Group, Inc. is a non-profit group which provides free consultation and assistance with the following, and related, services: filling out the VA application for medical and prescription benefits; filing an application for Medicaid benefits (\$600 per month more or less) or the new Medicare Part D; getting the Legal Referral people to assist with legal problems; purchasing imported prescription drugs at 30-90% off of what it would cost you here in Santa Fe.



RX America President, Andres Romero, is available by appointment every Monday between 9:00 and 11:30.

To schedule an appointment call 955-4721.

Movies

Luisa Senior Center
Wednesday, March 29 at 1:00

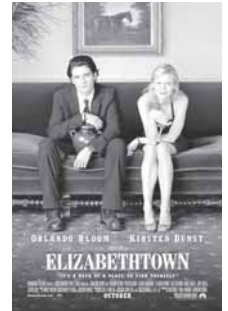
“Elizabethtown”

Written and Directed by
Cameron Crowe.

Rated PG-13.

Hours after a ruinous product debut, suicidal industrial designer Drew Baylor (Orlando Bloom) learns of his father's sudden death. As the only son, Drew must travel to their small hometown of Elizabethtown, Kentucky to attend to his father's memorial.

On the flight to Kentucky, Drew meets Claire (Kristen Dunst), a quick-witted flight attendant, who helps him navigate the rough waters ahead and proves that amazing things happen when you least expect them.



Movies

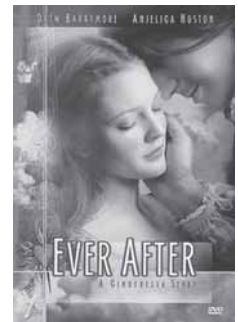
M.E.G Senior Center Movie
Projected on a huge theater
style 14' x 16' screen
Friday, March 24th at 1:00

“Ever After”

Starring Drew Barrymore and Angelica Houston.
Rated PG-13. Adventure/Comedy/Romance

Once upon a time... This is the “real” story of Cinderella - the classic fairy tale - an enchanting adventure about having the courage to make your dreams come true.

Danielle is independant and wise as she is beautiful and kind. Against remarkable odds, she stands up to her scheming stepmother and stepsisters. This movie is a personal favorite!



ACTIVITIES

The Arthritis Self-Help Course (ASHC)

Course Leader: Kathy Smith
Brought to us by The Arthritis Foundation
www.arthritis.org



For people with arthritis or fibromyalgia, living the most active life with the least amount of pain, fatigue and disability involves becoming an active partner in your arthritis care. This means working with your health care providers as well as learning how to manage your arthritis on a day-to-day basis. The Arthritis Self-Help Course is designed to help you learn and practice the different skills needed to build your own individualized self-management program, and gain the confidence to carry out this program.

The ASHC is a group education program designed to complement the professional services provided by your health care team. Trained volunteers, many of whom have arthritis or fibromyalgia, lead the courses. The ASHC allows you to share experiences with others, offering you the opportunity to help and learn from people like yourself.

Program Goals:

- identify and teach you the latest pain management techniques;
- help you develop your own individualized exercise program;
- help you learn to manage fatigue and stress more effectively;
- discuss the purposes and effective use of medications;
- help you find solutions to problems caused by your arthritis;
- discuss the role of nutrition in arthritis management;
- help you learn new ways to communicate with family and friends; and
- teach you how to form a partnership with your health-care team.

Anyone with any type of arthritis or related condition can attend the ASHC. A spouse, other family member, or friend may accompany you as a registered member of the class. In fact, their participation is encouraged because they play an important role in support and care, and also experience a personal impact from being so closely associated with the disease.

The ASHC will be taught over six consecutive weeks. Each session will be held on Tuesday from 1:00 to 3:00 p.m. beginning Tuesday, March 14th at the Mary Esther Gonzales Senior Center. The ASHC is limited to 15-20 participants so please call 955-4721 to reserve your space.

All class participants receive a copy of the *Arthritis Helpbook* and a set of handouts and pamphlets distributed by the Arthritis Foundation. There is a nominal fee of \$20.00 to cover program expenses.

*Scholarships or fee waivers for the course may be available.

SENIOR OLYMPICS SPOTLIGHT

Senior Olympics is in the Air

Can you see it? Can you smell it? Do you feel it? March winds are not the only thing in the air. Everywhere you look, you see seniors lacing up their walking and running shoes, going to



the bowling lanes, cycling down the roads of beautiful New Mexico, flexing their fingers as they get ready to throw the javelin or the discus, playing basketball or shooting pool, doing their laps in the swimming pools around the city.

How about you? Are you ready to have fun, make friends and get healthy? Well get up off that chair! Don't be a couch potato this year. There is more to life than novelas and soap operas. Do something different this year and TAKE CHARGE OF YOUR LIFE and get more fit! A few of the seniors from Villa Consuelo Senior Center have decided to make a difference and I pick them up at the Center and take them walking indoors for one hour at the Santa Fe Place (formerly known as the Villa Linda Mall) two to three times a week. According to the Department of Health, walking is the best form of exercise. If you want to join us, call me at 955-4754. If you can't join us, start your own group. You'd be surprised how much fun it is.

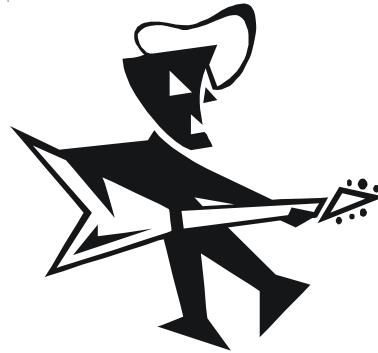
Senior Olympics registration began January 3, 2006 and will run through March 10, 2006. The registration fee is only \$15.00 and for this nominal fee you get a great looking Senior Olympic T-Shirt (the color this year is Santa Fe turquoise with a roadrunner logo unique to Santa Fe). In addition, once you have participated in at least one local event, you will also get a membership to Fort Marcy where you will be able to use all of the facility with the exception of the classes that have a fee.

Dr. Joseph Armbruster, event manager for the Racewalk event, will be holding a free racewalk clinic at Fort Marcy on Friday, March 31, 2006, starting time 9:00 a.m. Just so you know, Dr. Armbruster placed 1st in his age category at State Games last year and established a record in racewalk in 1999 and 2003. Dr. Armbruster will teach you the proper

technique and you will have plenty of time to practice before the local event scheduled for May 18, 2006.

The local Bowling Event will be held on March 28 for singles competition and March 30 for the doubles competition. The mixed doubles competition will be on April 4 and the team competition will be on April 6. The event manager for bowling is Johnny Roybal.

Tricks and pranks are not the only things going on April 1. Dick Roth, swimming event manager, will be holding the swimming competition on this day at the Santa Fe Community College, a new location this year. Dick set a record in his age category in 2000 in 100Y Breast Stroke and placed 1st at State Games also in 100Y Breast Stroke and in 50Y Free Stroke. We have a lot of great swimmers participating in this event. So, if swimming is your thing, like Nike says, "Do It!"



So, get ready people. There are so many activities going on, I am sure there is one that will tweak your interest. Lest I forget, I would really like to start up a kitchen band this year. We had one in the past, and from what I hear, everyone in it had a blast. So, if you have any old washboards, tubs, kazoos, didgeridoos, old instruments or whatever that you would like to donate or lend to us, and if you are interested or have any ideas for making some creative instruments, please, please, please call me at 955-4754.

Hope to see you at one of our Senior Olympic events. I WILL BE at the bowling alley on Mondays and Thursdays and I will join a team!! I will also be at the racewalk clinic! See you there. Until then, don't worry, be happy, be healthy, and most important of all, ENJOY LIFE.

Yours truly, Carmen

Rx-America Group, Inc.

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Gloria at Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), Valerie Dorcy, RN, Lynn Berger, RN, and Frances Vigil, RN, (county centers) on the following dates:

M.E.G. Center - First and Second Tues.	Mar. 7, 14	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	Mar. 2	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	Mar. 9	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	Mar. 16	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs.	Mar. 2, 9, 16, 23	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues.	Mar. 14	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	Mar. 15	11:00 a.m. to 1:00 p.m.

Parkinson's Disease

(From *American Legion Magazine* August 2005)

Parkinson's disease is the second most common neurodegenerative disease in the United States, after Alzheimer's. Nearly 1.5 million Americans have the disease, and some 50,000 new cases are diagnosed annually.

Characteristics of Parkinson's are slow movement, poor balance, and shaking and muscle stiffness. Other signs may include stiff facial expressions, shuffling walk, muffled speech and depression. These symptoms become worse over time, which causes anxiety and distress for sufferers who may find it increasingly difficult to function at work and at home. Some studies suggest the cause may be a combination of genetic vulnerability and exposure to certain toxins, such as pesticides or heavy metals.



An Apple a Day

(From *First for Women on the Go* December 19, 2005)

I used to spend seven to nine days recouping in bed every flu season. I tried everything to get well - taking cold pills and antihistamines, chugging gallons of water - but they didn't treat the underlying cause, so as soon as I stopped, the symptoms came back. Then the school started a nutrition program where they'd bring in crates of apples for everyone to snack on, and I started eating one every day.

Apples are packed with pectin, a substance with proven antibiotic and antioxidant properties. Russian researchers found that it significantly increased the activity of microphages, immune system cells that ingest bacteria and other problem causing pathogens. That old saying "An apple a day keeps the doctor away" is really true.



What if the Driver Has Dementia?

(From *The Hartford Magazine*)

Some persons in early stages of dementia may have sufficient insight into their driving abilities to make adjustments. They should be given the opportunity to make decisions about driving, if safety is not compromised. Over time, such individuals will become incapable of accurately assessing their driving skills.

In progressive dementia, the disease will eventually rob the driver of skills necessary for safe driving. In these cases, families and doctors must collaborate to protect the individual and may need to take immediate unilateral action. Families of persons with dementia may not realize that getting lost in familiar places is a serious warning sign.

Persons who are confused and forgetful may also lack the ability to respond appropriately to ever changing road conditions. Families should be vigilant about observing driving behavior that will help families know if and when they need to intervene.

Treasures from the Sea

(From *Food Hotline Magazine* October, 2005)

Ocean water is a great reservoir of minerals including iodine, selenium, iron, calcium, phosphorus, potassium, and magnesium which pass on to seaweed. In fact, seaweeds contain ten to twenty times the minerals of land vegetables. Seaweeds offer up to 48% protein. Nutrient-dense sea vegetables nourish the bones and the nervous, cardiovascular and immune systems, as well as the thyroid gland.

Research suggests that seaweed contains certain compounds that bind to potentially toxic elements like mercury and cadmium, preventing their absorption and pulling them out of the body. A new study suggests a diet rich in kelp may reduce levels of estradiol, the hormone associated with estrogen-related cancers. Lastly, sea veggies contain lignans, which are plant compounds with hormone balancing and cancer protective properties.

PUZZLES

Sudoku Number Puzzle

This month, we are trying out a number puzzle rather than a crossword puzzle. See how you like it!

A sudoku puzzle consists of a 9 x 9-square grid subdivided into nine 3 x 3 boxes. Some of the squares already contain numbers.

The object is to fill in the remaining squares so that every row, and every column and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once, but not necessarily in numerical order. Solving a sudoku puzzle involves pure logic.

Please study the sample, completed puzzle below. You will see that every horizontal row, every vertical column and every 3x 3 box contains the numbers one through nine.

Good luck and have fun!

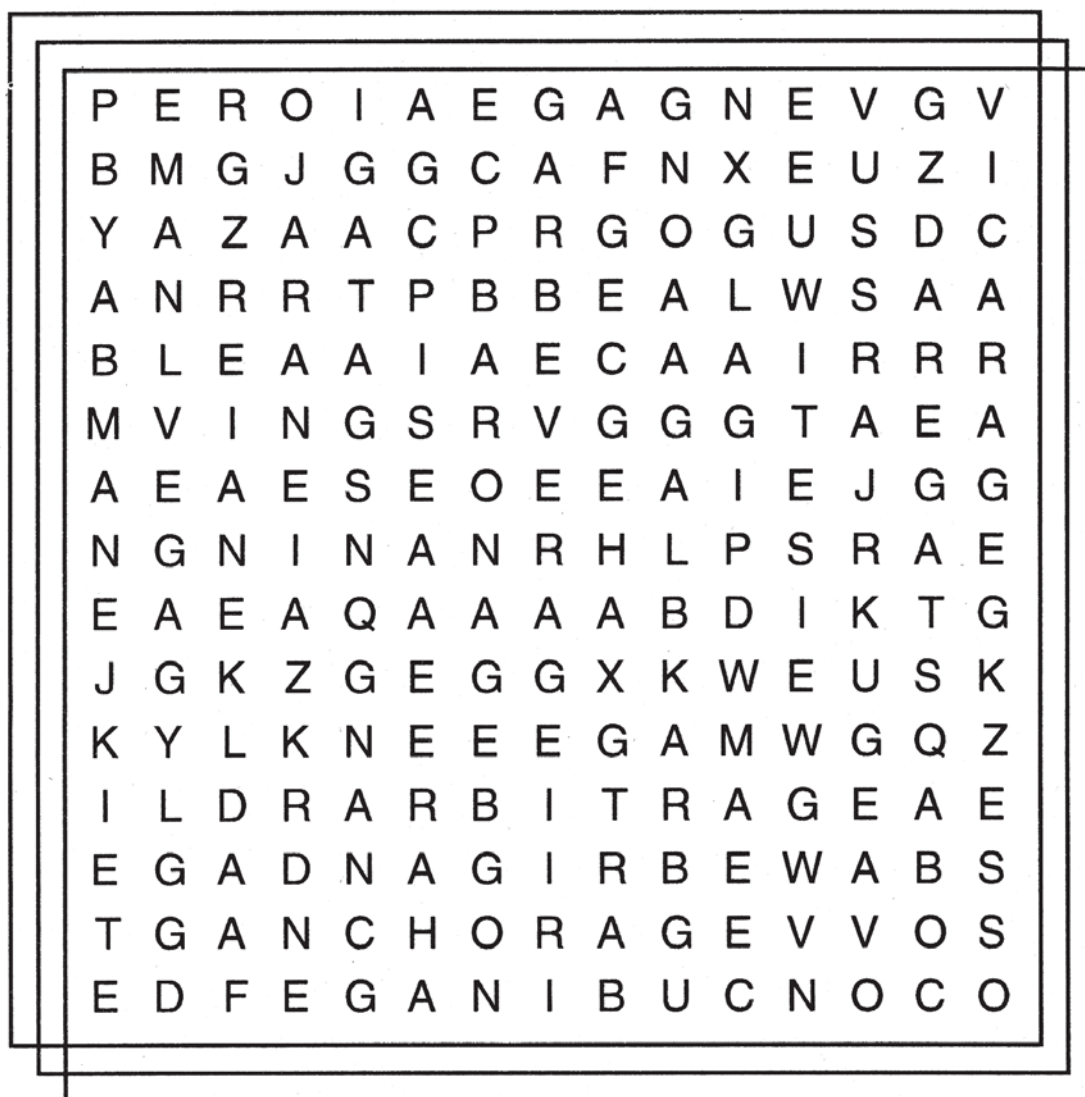
			ROWS						
C O L U M N S	5	8	6	3	7	4	9	1	2
	1	3	7	9	5	2	8	6	4
	2	4	9	8	1	6	5	7	3
	8	7	2	5	4	3	1	9	6
	6	9	3	7	8	1	2	4	5
	4	1	5	6	2	9	7	3	8
	9	5	4	2	3	7	6	8	1
	7	2	1	4	6	8	3	5	9
	3	6	8	1	9	5	4	2	7

LIGHT AND EASY 21

	7	6			8	1	4	2
	8	2		1	4	5		
7		8		6		4		
6	5							
3	2			7			8	
	9			5			1	6
8			1	9		3	5	
				8		9		

PUZZLES

WHAT'S YOUR AGE?



W-0122

ACREAGE
AGE
ALIENAGE
ANCHORAGE
APPANAGE
ARBITRAGE
AVERAGE
BARAGE
BARONAGE
BEVERAGE

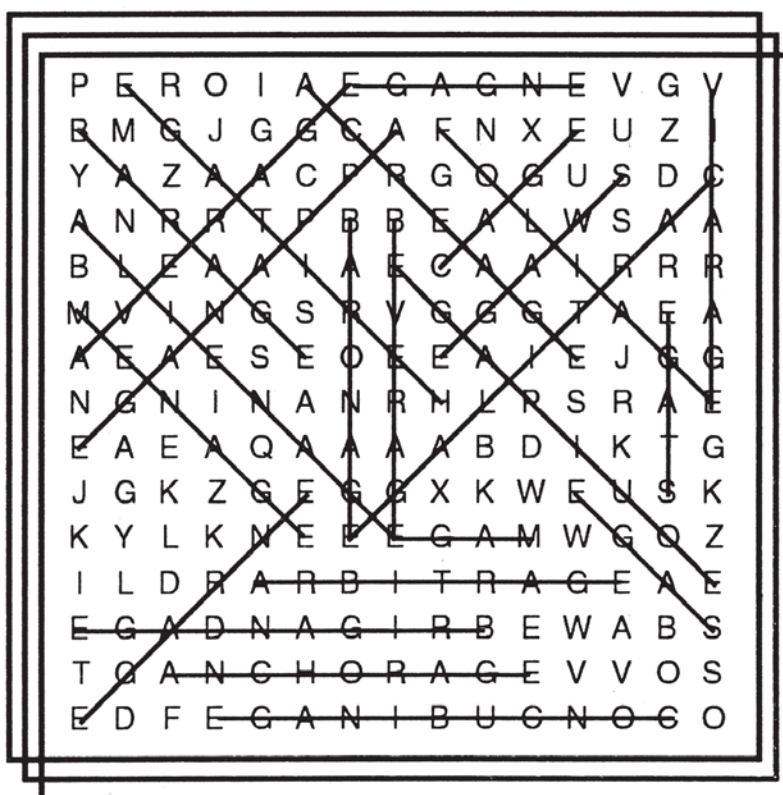
BRIGANDAGE
CAGE
CARTILAGE
CONCUBINAGE
ENGAGE
ENRAGE
EQUIPAGE
FOLIAGE
GAGE

HERITAGE
MAGE
MENAGE
PAGE
RAGE
SAGE
STAGE
SWAGE
VICARAGE

PUZZLE ANSWERS

21

4	3	1	6	2	5	7	9	8
5	7	6	9	3	8	1	4	2
9	8	2	7	1	4	5	6	3
7	1	8	2	6	9	4	3	5
6	5	9	8	4	3	2	7	1
3	2	4	5	7	1	6	8	9
2	9	3	4	5	7	8	1	6
8	6	7	1	9	2	3	5	4
1	4	5	3	8	6	9	2	7



City of Santa Fe, Division of Senior Services
Meals on Wheels Program



RE-HEATING HOT AND FROZEN MEALS

Food that is not taken care of properly can cause you to become ill. We do not want this to happen to you, so we ask that you take proper care of the meals you receive to avoid getting food poisoning.

Please follow one set of instructions given below for proper care of the meals delivered to you.



HOT OR COLD MEALS

- A. If you wish, you may consume the food as soon as you receive it.
- B. If you do not plan to consume the food as soon as you receive it, put all containers of food in the refrigerator. When you are ready to consume the food, take it out of the refrigerator. For hot foods, peel back lid or slit film to vent. Then, either microwave for 2-3 minutes on high, or pre-heat oven to 350 degrees and place meal on a cookie sheet and heat for 10 minutes or until food is at desired temperature. **DO NOT USE TOASTER OVEN.**

FROZEN MEALS

- A. If you do not wish to consume the food right away, place all frozen items in the freezer immediately.
- B. When you are ready to eat a frozen meal, take the food out of the freezer and peel back the lid or slit the film to vent. Then, either microwave for 3-5 minutes on high, or pre-heat oven to 350 degrees and place meal on a cookie sheet and heat for 30 minutes or until food is at desired temperature. **DO NOT USE TOASTER OVEN.**

SENIOR CENTER LUNCH MENU

MARCH 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>ASH WEDNESDAY</u> BAKED COD SCALLOPED POTATOES CALIF. VEGGIES ROLL MILK GRANOLA BAR	2 PORK ROAST with GRAVY 1/2 BAKED POTATO SPINACH ROLL MILK PLUMS	3 BEANS & CHEESE BURRITO SPANISH RICE GREEN CHILE SAUCE MILK CHERRY CRISP
6 SWEDISH MEATBALLS CREAM SAUCE ITALIAN VEGGIES TOSSED SALAD GARLIC BREAD MILK ORANGE	7 BBQ CHICKEN PARSLEY POTATOES MIXED VEGETABLES ROLL MILK PEARS	8 BEEF TACOS PINTO BEANS TOSSED SALAD MILK STRAWBERRY SHORTCAKE	9 ROAST BEEF MASHED POTATOES GRAVY ASPARAGUS ROLL MILK APPLESAUCE	10 SALMON PATTY RED CHILE SAUCE MACARONI & CHEESE ROLL MILK SUGAR FREE JELLO
13 LASAGNA with MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD GARLIC TOAST MILK BANANA	14 RIBS with BBQ SAUCE CUCUMBER SALAD 1/2 POTATO (BAKED) ROLL MILK PEACHES	15 FRITO PIE with BEANS, CHEESE & ONIONS CORN CRACKERS MILK PINEAPPLE BITS	16 BEEF TIPS with GRAVY OVER RICE PEAS ROLL MILK APRICOTS	17 <u>ST. PATRICK'S DAY</u> CORN BEEF BOILED CABBAGE CARROTS BOILED POTATOES ROLL MILK SHERBET
20 PORK GREEN CHILE STEW MEXI-CORN CUCUMBER SALAD CRACKERS MILK LOW FAT YOGURT	21 MEAT LOAF GRAVY RICE SQUASH & CORN ROLL MILK PLUMS	22 CHICKEN TENDERS POTATOES GRAVY CARROTS BISCUIT MILK SLICED APPLES	23 HAM HONEY GLAZE YAMS BROCCOLI ROLL MILK ICE CREAM	24 GREEN CHILE CHEESE ENCHILADAS BEANS SPANISH SLAW TORTILLA MILK PEACHES
27 SPAGHETTI with MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD GARLIC TOAST MILK FRESH FRUIT	28 TURKEY ROAST with GRAVY STUFFING MIXED VEGGIES ROLL MILK SUGAR FREE JELLO	29 SWEET & SOUR PORK STEAMED RICE ORIENTAL VEGGIES EGG ROLL MILK PINEAPPLE BITS	30 SALISBURY STEAK MASHED POTATOES BROWN GRAVY ASPARAGUS ROLL MILK PEARS	31 FISH NEW POTATOES PEAS & CARROTS ROLL MILK 1/2 GRAPEFRUIT

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50
 Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$4.25



City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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